

The Appalachian School

Penland, North Carolina

A country day and boarding

*HOME SCHOOL for little children, under
the auspices of the Episcopal Church*



The site of the Appalachian School, three thousand feet above the sea, in a region of pure water and invigorating air, where every mountain trail and bridle path is lined with forest and flowers of surpassing beauty, is like an enchanted land. One feels that long ago treasures were implanted in these mountains to give to those who may sojourn here, health and happiness, and to inspire love and reverence for everything beautiful and for the Maker of it all.

June, 1933.

COMMITTEE ON EDUCATIONAL INSTITUTIONS

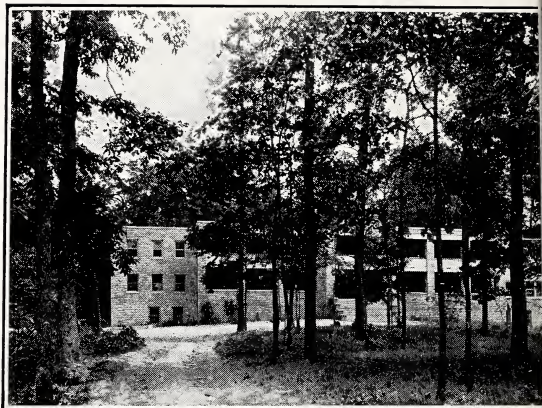
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THE distinctive feature of the school is to provide for young children the freedom and happiness of a good home, combined with thorough instruction and wise training.

The purpose underlying all activities of the school is the development of character and personality in an environment of health and happiness. Individuality and independence are encouraged but the child learns to be courteous and thoughtful by adapting himself to the wishes and needs of the group.

Resident pupils are limited to those who add to the happiness and well being of the group.





THE school property consists of two hundred acres of mountain land, fields, pastures, orchard, and woodland.

The girls and youngest boys have living quarters in the House of the Good Shepherd, a comfortable steam heated building with wide porches for sleep and play. Chapel, dining room, kitchen and playrooms are also in this building. The twelve oldest boys sleep and dress at Laurel cottage.

Other buildings are Ridgeway, where lessons are taught; Morgan Hall, now used as a residence by members of the weaving department; the farm house, the shop, and two barns.

THE curriculum includes a thorough study of the regular English branches as required in the North Carolina State Course of Study for Elementary Grades. Bible study, nature study, music, folk dancing, sewing and manual training have been added to the course.

The regular term of nine months begins in September and ends in June. The summer term of ten weeks begins in June and ends in August. There is two weeks vacation at the end of each term and at Christmas. Standard Classification and Achievement Tests are given at the beginning and end of the regular term, and during the summer session individual instruction is given to those who have failed to complete the grade work.

In the activities of the class room and the playground together with those of gardening, cooking, housekeeping, care of farm animals and of pets, and of one's own clothes according to one's years, the children gain the experience which is the very best preparation for life.





EACH child has a physical examination upon entrance and periodic examination thereafter. Immunization against smallpox, typhoid and diphtheria are required. The children are weighed and measured regularly and results furnish a guide for feeding and care. Sleeping porches, recreation on sunny playgrounds and classes meeting out of doors whenever the weather permits insure a maximum of sunshine and fresh air.

The food which is prepared by a trained dietitian is simple but wholesome and appetizing. Cereals and vegetables are produced on the farm, as well as fruit, eggs, milk and some meat. The school owns a fine herd of Holstein cows which are housed and milked in a modern dairy barn.

Water is piped to the buildings and the storage tank from springs high up on the mountain. There is no dwelling on the water shed and no chance for the springs to become contaminated, but to insure a pure supply samples of the water are sent periodically to the state chemist for examination.

THE beautiful memorial chapel is the heart of the house and there twice a day the family gather for a few minutes of prayer and praise. A clergyman comes twice a month to hold service. In Church School, in week day classes, and through religious pageantry the children become familiar with the story of the Bible and with church history.

The outdoors is the Penland child's playground and there he spends most of his leisure time. Swings, bars, sand piles, trees to be climbed and huts and camps in the woods all require his attention. Astride the pony or a fat farm horse he trots up and down. He gathers nuts in the fall, coasts and slides and makes snow forts in winter, plays marbles and jacks in season, and during the hot summer days finds relief in the swimming pool. There are picnics and parties, camps and hikes and at the end of each summer a much looked forward to and long remembered camping trip to a nearby lake.





RATES

Boarding Pupils

Tuition, board, laundry, mending and personal care.....\$5.00 a week
(It is required that four weeks tuition be paid at the time the child enters school, and that subsequent payments be made in advance.)

A five dollar deposit should be made for incidental expenses, hair cuts, shoe repair, spending money and the like.

Day pupils.....\$3.00 a month

The Appalachian School has a limited number of scholarships.

Persons interested may secure information or application blanks by writing to—

THE SUPERINTENDENT

APPALACHIAN SCHOOL

PENLAND, NORTH CAROLINA

Appalachian School Summer Camp

*A Summer Camp for Sixty Boys
and Girls Under Twelve*

**In the Mountains of Western
North Carolina**



APPALACHIAN SCHOOL
PENLAND, N. C.



APPALACHIAN SCHOOL

SUMMER CAMP

July 3rd to August 28th

The Appalachian School is an Episcopal boarding school for boys and girls under twelve. During July and August the property is used for a summer camp for young children. Previous camps have been quite successful and this season's promises to be most enjoyable.

Penland is in Mitchell County, sixty miles from Asheville and sixty miles from Johnson City, Tennessee. It is on the C. C. & O. Railroad which connects with the Southern at Marion, North Carolina at Spartanburg, South Carolina and at Johnson City, Tennessee. Spruce Pine, the nearest shopping center is six miles distant.

The school property which consists of 225 acres of mountain land is well adapted for use as a camp as it is remote from highway traffic and from undesirable elements. The altitude of 3000 feet insures a comfortable summer climate, while the combination of farm land, orchards, woods and streams furnishes a rich natural environment for outdoor life and an abundance of nature lore material.

The older boys are housed at Ridgeway a rustic building where two porches furnish room for thirty cots. The girls and smallest boys have living quarters at Horner Hall a comfortable modern building with wide porches for sleep and play. Both buildings have electric lights and baths.

The staff of the school, teachers and house mothers, are assisted by counselors expert in the various activities. These young men and women, drawn from colleges in different parts of the country are chosen for their particular fitness to deal with young children. The children are divided into congenial groups with a counselor at the head of each group.

The school has its own farm and dairy and there is an abundance of fresh vegetables, fruit and milk. The Holstein herd is T. B. tested and housed and milked in a modern dairy barn. Water is piped to the buildings from springs high on the mountain and the supply is under the supervision of the state board of health.

The health of the children is always a major consideration. Each child is weighed and measured regularly and where necessary, special diet is provided. As a usual thing the regularity of camp life,

the simple wholesome food, the midday rest hour and the mountain air and sunshine are all that are necessary to bring an underweight child up to normal. There are two doctors in Spruce Pine and one in Bakersville and any one can reach the camp in twenty minutes.

The children rise at 7, breakfast at 7:30 and spend the hour after breakfast in making beds and policing camp. Dinner is at 12:30, rest hour from 1 to 2, supper at 6 and bedtime at 8. Games of all kinds, hikes to nearby mountains, swimming, riding, playmaking and play acting, nature study and group singing make the days full. A boy or girl interested in farm life may help with the milking, haying, and vegetable gathering or assist with the care of the animals. There are opportunities for overnight camps and for "sleeping out". In the shop a child may work with wood, leather, clay and colors. Materials and tools are provided and an instructor is on hand to explain the use of the tools and give assistance when requested.

The swimming pool which was built by throwing a dam across a creek is 36 by 48 feet and varies in depth from 2 to 7 feet. Swimming is not compulsory but is always a popular activity and an effort is

made to encourage each child to become a swimmer.

Horse back riding could not be called a regular activity, but there are two farm horses available for the children's use and four ponies which give a great deal of pleasure.

It is not the policy of the camp directors to arrange a full day with every hour accounted for and the boys and girls rushed from one thing to another. Rather opportunities for different activities are provided and the child is encouraged to do the things which interest him and to interest himself in the things which will lead to his fullest development. The program is so elastic that it can be built around the wishes and needs of the campers and changed to suit changing conditions. Camp life is valuable for the social experience it gives and it is more important that the child learn to adapt himself to the group and to do things for the joy of doing, than that he become an accomplished athlete or swimmer or turn out a perfect bit of weaving or pottery. With this in mind the staff hopes to give the children a summer rich in social experience and in healthful, creative and joyful living.

No special clothing is necessary. Each child needs a woolen bathing suit, two sweaters and a rain coat. Sun suits or gym shirts and shorts are most practical for boys and sun suits or camp suits for girls. Tennis shoes or sandals are the most comfortable foot wear and youngsters who have permission from home may go barefoot. All garments should be plainly marked in indelible ink. Campers are requested to bring only the simplest clothing and not too much of that. It is not necessary to bring towels or bedding but each child should have his own laundry bag and tin dishes, plate, spoon, bowl, and cup to take with him on picnics and overnight camps.

Each child must have a certificate of health from his family physician and a statement from his parents that he has not recently been exposed to any contagious disease. Innoculation against typhoid fever is requested but not insisted upon.

The charge for the eight weeks of camp is fifty dollars. The fee may be paid at the time the child enters camp or in two installments of twenty-five dollars each. A deposit of three dollars placed in the school bank and drawn upon by the child himself will take care of any other expenses except doctor's bills.

The school reserves the right to return to his parents any child who may prove detrimental to the group.

